

The Nottingham Emmanuel School – Physical Education Curriculum Map (2019-2020)



Core PE Curriculum - Practical						
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 7 Core PE	Boys Set 1 – Rugby/Badminton Boys Set 2 – Rugby/Basketball Girls Set 1 – Gymnastics/Netball Girls Set 2 – Badminton/Netball	Boys Set 1 – Badminton/Basketball Boys Set 2 – Basketball/Football Girls Set 1 – Netball/Badminton Girls Set 2 – Netball/Fitness or Dance	Boys Set 1 – Gymnastics/Football Boys Set 2 – Fitness or Dance/Badminton Girls Set 1 – Basketball/Touch rugby Girls Set 2 – Touch rugby/Gymnastics	Boys Set 1 – Football/ Fitness or dance Boys Set 2 – Badminton/Gymnastics Girls Set 1 – Touch rugby/ Fitness or dance Girls Set 2 – Gymnastics/Basketball	Boys Set 1 – Handball Boys Set 2 – Rounders/tennis Girls Set 1 – Football/Rounders Girls Set 2 – Tennis/Football	Boys Set 1 – Athletics/Tennis Boys Set 2 – Athletics/Cricket Girls Set 1 – Tennis/Athletics Girls Set 2 – Rounders/Athletics
Year 8 Core PE	Boys Set 1 – Rugby/Badminton Boys Set 2 – Rugby/Basketball Girls Set 1 – Gymnastics/Netball Girls Set 2 – Badminton/Netball	Boys Set 1 – Badminton/Basketball Boys Set 2 – Basketball/Football Girls Set 1 – Netball/Badminton Girls Set 2 – Netball/Fitness or Dance	Boys Set 1 – Gymnastics/Football Boys Set 2 – Fitness or Dance/Badminton Girls Set 1 – Basketball/Touch rugby Girls Set 2 – Touch rugby/Gymnastics	Boys Set 1 – Football/ Fitness or dance Boys Set 2 – Badminton/Gymnastics Girls Set 1 – Touch rugby/ Fitness or dance Girls Set 2 – Gymnastics/Basketball	Boys Set 1 – Handball Boys Set 2 – Rounders/tennis Girls Set 1 – Football/Rounders Girls Set 2 – Tennis/Football	Boys Set 1 – Athletics/Tennis Boys Set 2 – Athletics/Cricket Girls Set 1 – Tennis/Athletics Girls Set 2 – Rounders/Athletics
Year 9 Core PE	Boys Set 1 –Badminton Boys Set 2 – Basketball Girls Set 1 –Netball Girls Set 2 –Netball	Boys Set 1 –Rugby Boys Set 2 – Rugby Girls Set 1 –Basketball Girls Set 2 –Badminton	Boys Set 1 –Football Boys Set 2 – Badminton Girls Set 1 –Touch rugby Girls Set 2 –Basketball	Boys Set 1 –Basketball Boys Set 2 – Football Girls Set 1 –Badminton Girls Set 2 – Touch rugby	Boys Set 1 –Athletics Boys Set 2 – Athletics Girls Set 1 –Rounders Girls Set 2 – Rounders	Boys Set 1 – Rounders Boys Set 2 – Rounders Girls Set 1 – Athletics Girls Set 2 – Athletics

Year 10 Core PE	Boys Set 1 –Football	Boys Set 1 –Badminton	Boys Set 1 –Basketball	Boys Set 1 –Rugby/football	Boys Set 1 –Tennis	Boys Set 1 –Athletics
	Boys Set 2 – Football	Boys Set 2 – Basketball	Boys Set 2 – Health related fitness	Boys Set 2 – Rugby/football	Boys Set 2 – Badminton	Boys Set 2 – Athletics
	Girls Set 1 –Badminton	Girls Set 1 –Netball	Girls Set 1 –Basketball	Girls Set 1 – Health related fitness	Girls Set 1 – Athletics	Girls Set 1 – Rounders
	Girls Set 2 –Basketball	Girls Set 2 – Netball	Girls Set 2 – Bench-ball	Girls Set 2 – Badminton	Girls Set 2 – Athletics	Girls Set 2 – Rounders
Year 11 Core PE	Boys Set 1 –Football	Boys Set 1 –Badminton	Boys Set 1 –Basketball	Boys Set 1 –Rugby/football	Optional units throughout the exam period	Optional units throughout the exam period
	Boys Set 2 – Football	Boys Set 2 – Basketball	Boys Set 2 – Health related fitness	Boys Set 2 – Rugby/football		
	Girls Set 1 –Badminton	Girls Set 1 –Netball	Girls Set 1 –Basketball	Girls Set 1 – Health related fitness		
	Girls Set 2 –Basketball	Girls Set 2 – Netball	Girls Set 2 – Bench-ball	Girls Set 2 – Badminton		

GCSE PE Curriculum Map

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9	<ul style="list-style-type: none"> • Functions of the skeletal system • Classification of bones • Joints and movements 	<ul style="list-style-type: none"> • Movement analysis and antagonistic muscles • Types of muscle • Fast and slow twitch muscle fibres • Structure and function of the cardiovascular system • The route of blood through the heart • Arteries, capillaries and veins 	<ul style="list-style-type: none"> • Structure and function of the respiratory system • Composition of air and the mechanics of breathing • Gaseous exchange at the muscles and alveoli • How the cardiovascular and respiratory system work together 	<ul style="list-style-type: none"> • Aerobic and anaerobic exercise • Short term effects of exercise on the cardiac and respiratory system • Short term effects of exercise on the vascular and muscular system 	<ul style="list-style-type: none"> • Components of fitness • Principles of training • Methods of training 	Contingency time and review time
Year 10 GCSE	<ul style="list-style-type: none"> • Long term effects of training on the musculo-skeletal system • Long term effects of training on the cardio-respiratory system 	<ul style="list-style-type: none"> • Performance enhancing drugs • Sporting injuries • Lever system – Movement Analysis 	Controlled assessment – Personal Exercise Programme Practical and write up	Controlled assessment – Personal Exercise Programme Practical and write up	<ul style="list-style-type: none"> • Physical, emotional and social health • Lifestyle choices • Sedentary lifestyles and consequences 	<ul style="list-style-type: none"> • Balanced diet and the role of nutrients • Dietary manipulation • Optimum weight • Goal Setting • Classification of skills • Forms of practice
Year 11 GCSE	<ul style="list-style-type: none"> • Types of feedback • Mental preparation for performance • Sports psychology • Factors affecting participation • Participation rate trends 	<ul style="list-style-type: none"> • Advantages and disadvantages of commercialisation • Sporting behaviours • Deviance in Sport 	Revision and exam skill refinement in preparation for exams Preparation for practical moderation		GCSE Formal exams	

BTEC Sport Curriculum Map						
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9	Unit 2 - Practical performance in sport <ul style="list-style-type: none"> Rules & regulations Scoring systems Application of the rules 	Unit 2 Practical performance in sport <ul style="list-style-type: none"> Roles of officials Responsibilities of officials 	Unit 2 - Practical performance in sport Components of fitness	Unit 2 - Practical performance in sport <ul style="list-style-type: none"> Technical demands Tactical demands 	Unit 2 - Practical performance in sport <ul style="list-style-type: none"> Observation checklist Review performance 	Unit 2 - Practical performance in sport <ul style="list-style-type: none"> Observation checklist Review performance
Year 10 BTEC	Unit 1 - Fitness for Sport and Exercise <ul style="list-style-type: none"> Know about the components of physical fitness Know why fitness components are important for successful participation in given sports. 	Unit 1 - Fitness for Sport and Exercise <ul style="list-style-type: none"> Know about exercise intensity and how it can be determined. The basic principles of training (FITT) The additional principles of training 	Unit 1 - Fitness for Sport and Exercise Fitness Training methods and the requirements for each of the them; <ul style="list-style-type: none"> - Safe, correct use of equipment and training technique - Requirements for undertaking the method including warm up and cool down. - Application of FITT and principles of training to each training method - Link with correct component of fitness - Advantages / disadvantages 	Unit 1 - Fitness for Sport and Exercise <ul style="list-style-type: none"> Fitness test methods Requirements for administration of each test Revision for externally assessed test	Unit 5 - The Sports Performer in Action <ul style="list-style-type: none"> Short term effects of exercise on the musculoskeletal system Short term effects of exercise on the cardiorespiratory system 	Unit 5 - The Sports Performer in Action <ul style="list-style-type: none"> Long term of adaptations of the musculoskeletal system Short term adaptations of the cardiorespiratory system
Year 11 BTEC	Unit 5 The Sports Performer in Action <ul style="list-style-type: none"> Energy systems used in sport Anaerobic energy system ATP-CP & Glycolysis Glycolysis The aerobic energy system 	Unit 3 - Applying the principles of personal training <ul style="list-style-type: none"> Setting personal training goals Personal information Attitude & motivation Principles of Training Methods of training 	Unit 3 - Applying the principles of personal training <ul style="list-style-type: none"> Training programme design Musculoskeletal system Cardiorespiratory system 	Unit 3 - Applying the principles of personal training <ul style="list-style-type: none"> Implement a personal fitness programme 	Unit 3 - Applying the principles of personal training <ul style="list-style-type: none"> Review a personal exercise programme 	

A level PE Curriculum Map

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 12 PE	Anatomy and Physiology Joints, muscles and movement Functional roles of muscles and muscle contraction Analysis of movement Skeletal muscle contraction Muscle contraction during exercise	Anatomy and Physiology Post-industrial Britain social and cultural factors Influence of public schools CV system at rest CV system during exercise of differing intensities and during recovery Respiration system at rest Resp. system during exercise of differing intensities and during recovery	Anatomy and Physiology Diet and nutrition Ergogenic aids Periodisation of training Aerobic training	Anatomy and Physiology Strength training Flexibility training Impact of training on lifestyle diseases	Anatomy and Physiology Revision and exams	Anatomy and Physiology Classification of skill Methods and types of practice Transfer of skills
	Skill Acquisition Classification of skill Methods and types of practice Transfer of skills	Skill Acquisition Theories of learning Stages of learning Feedback Guidance Personality Attitudes	Skill Acquisition Motivation Arousal Anxiety Aggression Social facilitation and social inhibition Group and team dynamics Goal setting	Skill Acquisition <i>Evaluation and Appreciation of Performance for Improvement (EAPI) assessments/ recordings</i>	Skill Acquisition ATP and energy transfer Routes to sporting excellence	Skill Acquisition Pre-industrial Britain social and cultural factors Post-industrial Britain social and cultural factors Influence of public schools
	Sociocultural factors Pre-industrial Britain social and cultural factors Post-industrial Britain social and cultural factors Influence of public schools	Sociocultural factors Social factors and sport in 20 th century Britain Contemporary factors in 21 st century sport Globalisation of sport	Sociocultural factors Modern Olympics Political exploitation at the Olympics Global sporting events Law and Order	Sociocultural factors Biomechanical principles Levers Analysis through the use of technology	Sociocultural factors Joints, muscles and movement Functional roles of muscles and muscle contraction Analysis of movement Skeletal muscle contraction Muscle contraction during exercise	Sociocultural factors CV system at rest CV system during exercise of differing intensities and during recovery Respiration system at rest Resp. system during exercise of differing intensities and during recovery
Year 13 PE	Anatomy and Physiology Energy systems and ATP ATP resynthesis during exercise of differing intensities and durations The recovery process	Anatomy and Physiology Exercise at altitude Exercise in the heat Acute and chronic injuries Injury prevention Responding to injuries and medical conditions in a sporting context Rehab of injury	Anatomy and Physiology Linear motion Angular motion Fluid mechanics Projectile motion	EAPI prep <i>Individual assessments of student EAPIs.</i> <i>Exam board requires each student response to be recorded.</i> <i>Each response should be maximum 40 minutes and students should be given 30 minutes to prepare/watch practical footage.</i>		
	Skill Acquisition Attribution Self confidence Self-efficacy Leadership	Skill Acquisition Stress management Memory models	Skill Acquisition Energy systems and ATP ATP resynthesis during exercise of differing intensities and durations The recovery process			
	Sociocultural factors Ethics and deviance; Drugs and doping Violence Gambling	Sociocultural factors Commercialisation and the media Modern technology	Sociocultural factors Attribution Self confidence Self-efficacy Leadership			